



# Norfolk Advocates for Children

## RECOMMENDED READING

### FOR PARENTS, TEENS & CHILDREN

- **Helping Your Child Recover from Sexual Abuse**

Offers practical guidance for parents, written in a positive, reassuring jargon-free style; it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages.

- **When your child has been molested: A parents' guide to healing and recovery**

First published in 1988, this new edition includes current research and information on the nature and effects of molestation on boys and girls, as well as proven techniques for therapy, healing, and recovery. Using everyday language, the authors provide information, comfort, and advice on how to put the pieces back together again after a child has been sexually molested.

- **What's Happening in Our Family? Understanding Sexual Abuse through Metaphors**

The metaphors explain how sexual abuse begins in hidden ways and deepens in secrecy; clarify what harm is caused and how long it lasts; suggest how to cope with the "whirlpool" of emotions; help adults provide the support children need; and explain guidelines for keeping children safe. Using the non-threatening language of these stories, adults can help children recognize when they are being manipulated and understand why they are not responsible for their abuse.

- **No Secrets, No Lies: How Black Families Can Heal from Sexual Abuse**

Demystifies the cultural taboos and social dynamics that keep Black families silent and enable abuse to continue for generations. Through compelling personal accounts from everyday people, Robin D. Stone, a sexual abuse survivor herself, illuminates the emotional, psychological and hidden consequences of remaining silent, and provides holistic, practical steps to move toward healing.

- **Straying Towards Truth**

The author, whose son was a victim of sexual abuse, offers the alternating viewpoints of Sam, a young man who reveals his abuse; his mother, who must deal with her own shock and anguish; and a therapist. The therapist, whose insight is woven throughout, cites a multitude of cases to explain the "why's and how's" of sexual abuse recovery, adding a valuable educational perspective and healing guide for the reader.

- **Back On Track** - Written for boys aged 10 and upwards.

Includes real life stories that show different situations, feelings and possible solutions, plus exercises to help boys reflect on how they've been affected by the abuse, and try out steps toward healing.

- **Laurie tells**

In this subtle soliloquy, Laurie, 11, examines her feelings about herself and her father, who is molesting her. Without graphic descriptions, she evokes the doubts, denials, fears, and sadness of a child who is being abused by a trusted adult. Impressionistic watercolor illustrations capture the evolving moods of the book.



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- **How Long Does it Hurt?**

A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families- is the revised and updated edition of the best-selling book written by an incest survivor for future survivors. This step-by-step guide speaks directly to victims of sexual abuse to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.

- **Teen to Teen: Personal Safety and Sexual Abuse Prevention**

Useful as handouts for teens or as the basis for an interactive presentation and candid group discussion.

- **Please Tell!**

A child's story about sexual abuse- Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can. Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse.

- **No More Secrets for Me**

An invaluable resource to help parents talk with their children about the sensitive subject of sexual abuse. This updated edition, with a new foreword and chapter introductions, will help young people recognize the warning signs of abuse.

- **It Happened to Me**

A Creative Healing Book- A Story for child victims of crime or trauma giving children a voice through creative and expressive modalities

- **It's MY body**

A book to teach young children how to resist uncomfortable touch- Preschool children learn safe boundaries, how to distinguish between "good" and "bad" touches, and how to respond appropriately to unwanted touches. This book is a powerful book for enhancing self-esteem

- **Let's talk about taking care of you: An educational book about body safety**

These educational and interactive books are written for children ages 2 through fifth grade. Both books provide education regarding emotional expression skills, body parts, okay and not okay touches and personal safety skills. The older children's book provides more specific information regarding bullying, stranger abduction and sexual and physical abuse.

- **Those are MY private parts** (ages 4-8)

This short, easy to read book uses colorful illustrations and catchy rhymes to teach children that no one has a right to touch them in a way that makes them feel uncomfortable